



EVENT 4 - SCORECARD

SCORE SUBMISSIONS DUE MONDAY, MAY 6, 11:59PM (CST).

MOVEMENT	SET 1	SET 2	SET 3	SET 4	SET 5
JUMP ROPE	100	100	100	100	100
WALL BALLS	125	125	125	125	125
MAX TTB					
TOTAL SET REPS					

EVENT 4 "HEALER"

FOR REPS:

5 SETS
 AMRAP 3 MINUTES
 100 Double Unders
 25 Wall Balls
 Max Toes to Bar
 - REST 1 MINUTE B/T SETS -

DIVISION VARIATIONS

CHIEF:

5 SETS
 AMRAP 3 MINUTES
 100 Double Unders
 25 Wall Balls (20/14)(10'/9')
 Max Toes to Bar
 - Rest 1 minute b/t sets -
 - Scored by Reps
 - Athletes will begin each set on double unders

OFFICER:

5 SETS
 AMRAP 3 MINUTES
 100 Single Unders
 25 Wall Balls (14/10)(10'/9')
 Max Hanging Knee Raises
 - Rest 1 minute b/t sets -
 - Scored by Reps
 - Athletes will begin each set on single unders

TOTAL REPS:

ATHLETE NAME: _____

ATHLETE SIGNATURE: _____

JUDGE NAME: _____





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FILMING: If athletes are performing this workout for consideration of winning an official prize, the workout must be filmed. Filming should be set up with a clear, unobstructed view of all movements (3/4 view advised). A clock should be in frame at all times. Athletes must remain in frame once workout begins. Athletes should perform movements so that the movement standards can be clearly seen throughout the duration of the workout. All weights (both sides of the barbell if applicable) and all measurements must be clearly shown before the workout attempt. All equipment should stay in frame after measurements have been shown and final camera setup should keep all movements and the athlete in full frame at all times.

MOVEMENT STANDARDS

WALL BALLS: Male athletes will be working at a 10ft target and female athletes will be working at a 9ft target. The athlete will pick the ball up and pass through a full squat before standing and throwing the ball to the target. A valid rep is credited when the center of the ball has made clear contact above the target line. If using a rig-mounted target, it is HIGHLY advised to adjust the target so that the BOTTOM of the target is at the required height (10ft/9ft) or place a tape mark on the target to reflect the exact measurement for the athlete. The athlete must pass through the squat each time while holding the ball. Catching the ball on a bounce from the floor while squatting is not permitted. If the ball does not make contact above the target line on way up, but does so on the way down, the rep is valid. If the ball makes contact with the wall below the target line and then rises above the target without making contact, the rep is NOT valid.

DOUBLE UNDERS (CHIEF): Athletes will begin standing with their jump rope on the floor. The rope can be picked up once time has started. The athlete will perform a jump and pass the jump rope under their body twice. A valid rep is credited when the rope has successfully passed under their feet twice while spinning forward. If the rope fails to pass under twice on one jump, a no-rep is given and the rep must be re-done.

SINGLE UNDERS (OFFICER): Athletes will begin standing with their jump rope on the floor. The rope can be picked up once time has started. The athlete will perform a jump and pass the jump rope under their body once. A valid rep is credited when the rope has successfully passed under once while spinning forward. If the rope fails to pass under once on one jump, a no-rep is given and the rep must be re-done.

TOES TO BAR (CHIEF): Athletes will begin their toes to bar rep hanging from a pull-up bar. Double overhand, double underhand, or mixed grip is permitted. The bar height must allow the athlete to pass through a full kip swing without making contact with the ground. The athlete's heels must pass behind the vertical plane of the bar on each rep. The rep is credited when the athlete's feet make contact with the bar AT THE SAME TIME. Any portion of the feet may make contact with the bar and contact must occur within the hands (no contact outside of the hands). In the event that an athlete makes contact with one foot and then the other (not the same time), the athlete must redo the entire rep. Athletes are permitted to tape the bar or use gymnastic grips, but cannot use both.

HANGING KNEE RAISES (OFFICER): Athletes will begin their Hanging Knee Raise rep hanging from a pull-up bar. Double overhand, double underhand, or mixed grip is permitted. The bar height must allow the athlete to pass through a full kip swing without making contact with the ground. The athlete's heels must pass behind the vertical plane of the bar on each rep. The rep is credited when the athlete's knees are clearly higher than their waist. Athletes are permitted to tape the bar or use gymnastic grips, but cannot use both.

DISCLAIMER: Any effort that is made on the athlete's part to attempt to manipulate standards to make a movement easier, gain an unfair advantage, or deviate from the commonly accepted standards (unless otherwise clearly stated in the movement standards listed above) will result in penalty or disqualification of the submitted score. Keep it fair and keep it clean.